

## Fish Advisory- PCBs in Carp Utah Lake



### Warning

Contaminated fish may not look, smell or taste different, but they can still be harmful.

Therefore, women who may become pregnant, pregnant women, nursing mothers and children should not eat carp from Utah Lake.

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Utah Department of Health  
Environmental Epidemiology Program

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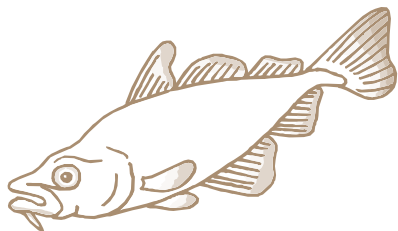
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## Advisory



Due to high PCBs levels found in **carp** from Utah Lake, Utah public health officials recommend that:

- **Adults eat no more than one 8-ounce serving of carp per month.**
- **Women who may become pregnant, pregnant women, nursing mothers, and children should not eat carp from Utah Lake.**

No known PCB-related illnesses have been associated with eating the carp from Utah Lake.

Any health risks associated with eating PCB-contaminated fish are based on long-term consumption and not tied to eating fish occasionally. There is no health risk associated with other uses of Utah Lake, such as swimming, boating and waterskiing.

## PCBs

Polychlorinated biphenyls (PCBs) are mixtures of up to 209 individual chlorinated compounds (known as congeners). Small aquatic organisms and fish take up PCBs. They are also taken up by other animals that eat these aquatic animals. PCBs accumulate in fish and marine mammals, reaching levels that may be many thousands of times higher than in the water in which they live. PCBs accumulate at higher concentrations in fatty tissues than in muscle tissue.

Eating only the fillet portions of fish may reduce consumption of PCBs.

Higher levels of PCBs are found in bottom-feeders such as carp, than in predatory fish.

### COOKING TIPS

Trim away the skin and fatty tissue before cooking. Grill, bake or broil the fish.

By letting the fat drain away, you can remove some of the PCBs stored in the fatty part of the fish you eat!

## Benefits of Fish

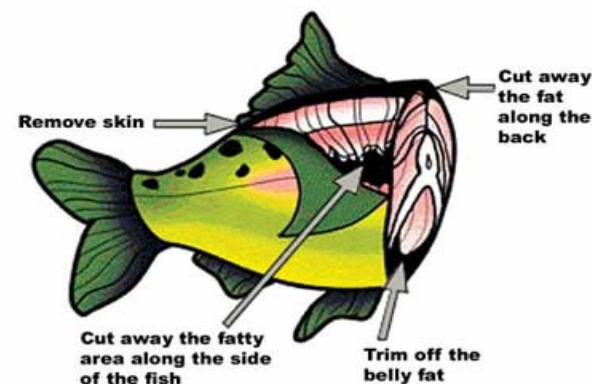
It is important to consider the benefits of eating fish as part of a balanced diet. Fish are an excellent source of:

- protein
- vitamins
- minerals

The American Heart Association recommends two servings of fish per week as part of a healthy diet.

Added tips for eating fish, include...

1. Eat smaller, younger fish.
2. Clean, fillet and cook fish properly.



3. Eat a variety of cooked fish.
4. Eat fish from water bodies that do not have fish consumption advisories.